



September 30, 2026

Growing Together in Christ to Love and Serve All People

Prayer of the Week:

O God of Creation,
you have blessed us with the changing of the seasons.

As we welcome the autumn months,
may the earlier setting of the sun
remind us to take time to rest.

May the brilliant colors of the leaves
remind us of the wonder of your creation.

May the steam of our breath in the cool air
remind us that it is you who give us the breath of life.

May the harvest from the fields remind us of the abundance we have been given
and bounty we are to share with others.

May the dying of summer's spirit remind us of your great promise
that death is temporary and life is eternal.

We praise you for your goodness forever and ever.

- Author Unknown Source: Xavier University

Upcoming Greeters and Coffee Hosts:

October 4: Joe Banuelos and Christine Koch, Greeters;

Jean Wahlstrom and Marvin Kananen, Coffee Hosts

October 11: Eva Mader and Gene Rowland, Greeters; Jay Baxter, Coffee Host

Contact Sherry (sherry@salc.church) to be a Sunday greeter or to Host coffee hour.

Worship is at 10:00 AM this Sunday, both in-person and via livestream.

Livestream: Visit salc.church/media to access the bulletin and livestream link on YouTube. If you have a Google account, we invite you to offer a greeting or comment in the chat window.

Sunday, October 4

**9:00 AM Adult Education; Coffee and Conversation
Sunday School begins!!**

10:00 AM Worship

Readings for October 4

Isaiah 5:1-7 and Matthew 21:33-46

Tuesday Morning Men: Every Tuesday at 8:30 AM, this group meets for discussion and prayer via ZOOM. Contact the office for links.

Pastor's Bible Study is cancelled on Tuesday, October 6th. The balance of October, Bible Study will be led by Jean Wahlstrom while Pastor Lara participates in an online class. **October 13th will be hybrid; October 20th is ONLINE ONLY; October 27th is hybrid.**

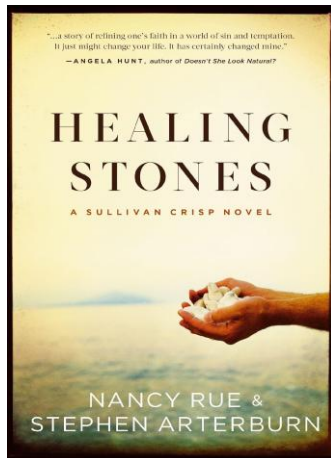
Contact the office by email (kathy@salc.church) if you would like the Zoom link.

Bravo for the Cooks and Clean-up Crew

The yummy Taco Bar Brunch was brought to you by a team of great workers! Thanks to **Janell Erickson, Teresa Jacobs, Anna McLeod, Dana Nasby, Karin Eklof, Jean Wahlstrom, Pat Chinn, Linda Quinn, Nancy and Mark Davis, Hal Ferris, Joan Tweten, and Desta Lulu** for a wonderful meal.



Women's Book Group



Our book selection for Fall Women's Book Group will be *Healing Stones* by Nancy Rue and Stephen Arterburn. **We will meet on Wednesday mornings promptly at 10:00 am from October 7 to November 18.** Our meetings are on Zoom, as well as in-person in our Library.

This is the first book in a series featuring a Christian psychologist, Sullivan Crisp. Enter Dimitria after a terrible incident and everyone turned against her, including herself. "Reluctantly, the two of them begin an uplifting, uneven journey filled with healing and grace. By turns funny and touching, this story explores the ways humans hurt each other and deceive themselves. And it shows the endlessly creative means God uses to turn stones of accusation and shame into works of beauty that lead us onto the path of healing.

A candid yet tender series about pain, healing, and God's invitation for second chances." (Amazon)

Contact Cheryl Jurrus (cheryljurrus74@gmail.com) for more information, a schedule, and the Zoom invitation.



Saint Andrew's
LUTHERAN CHURCH

2650 148th Ave SE, Bellevue
Parking lot Courtyard

**To celebrate the Feast of St Francis,
the patron saint of animals,
Saint Andrew's Lutheran Church is:**

Blessing the Pets!
Saturday, October 3rd
12:30 PM – 1:30 PM
All Are Welcome!

Please have
your pet on a
leash or crated
for safety!

Youth and Family News



Hurray!! Sunday School is starting! Bring the kids on Sunday, **October 4 at 9:00 AM** to meet our great teachers and begin the Sunday school year!!

Your teachers and classrooms are ready – everyone is excited to get the year going!

Middle and High School kids – let's go skating!! This Friday, October 2nd we're headed to "Rock and Roll" in Issaquah.

7:45 PM – 10:45 PM. \$20 +\$7 for skates.

Sign up with Doug
(doug@salc.church)





Middle and High School Fall retreat is coming ! A great opportunity to gather with other Lutherans from the NW!! Sign up with Doug (doug@salc.church) .



Coming Soon Trunk or Treat!!

Look for the sign up to reserve your table or contact Doug (doug@salc.church) !!

More tables=more fun!!

Corner of Blessing

Food of the Month – October & November

This year, again, we will be packing Emergency Bags for the Hopelink Food Bank. So, during the months of October and November, we will be collecting the food items to go in the Emergency Bags. Hopelink has asked that we pack “No-Cook” bags as we did last year. They need these to support those with no access to cooking facilities (homeless). The bags will be packed up at the Advent Fair, November 29th).

The items in these bags need to be able to be eaten directly without being heated or the use of a can opener. These need to be things that can be eaten cold and plain.

****All canned items must have a pop-top lid.** Only soups and meals are in cans.

****PAY ATTENTION TO SIZES.** Keeping the weight down is important for people who are homeless. Bigger sizes can’t be used.

****MAKE SURE TO CHECK EXPIRATION DATES!** They need to be on or after February 2027!**

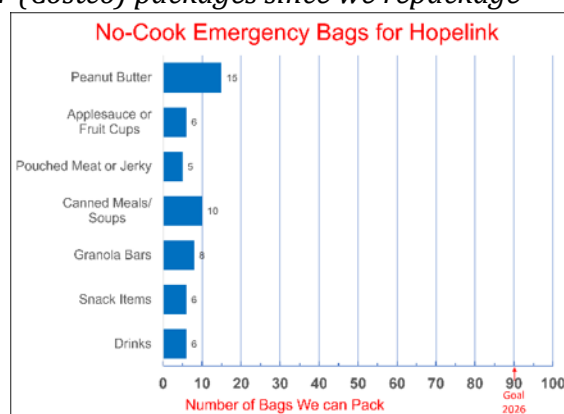
There are seven different items that go in each “No-Cook” Emergency Bag. We will be collecting these items during October and November:

Here are the seven items we will be collecting:

1. **Peanut Butter** – (~16 oz. plastic jar – no-stir)
2. **Applesauce or Fruit Cups Package** – (packages of 4 or 6 cups (about 4-ounce cups), kept in original packaging so that it contains the label, ex: peaches, pears, fruit cocktail, applesauce)
3. **Pouched Meat or Jerky** – (beef jerky or meat sticks (like slim Jims), pouched meat like tuna, chicken, salmon (Starkist is a common brand) Common sizes for both are about 2.5 - 3 ounces.)
4. **Canned Meals/Soups** – (ex: ~15-20 oz, ex: chili, beef stew, canned ravioli, hearty Progresso soups (such as: beef pot roast, chicken pot pie, Italian Wedding, etc. – Pop-Top lid)
5. **Granola Bars*** – (look for ones that are at least 150 – 200 calories each – total at least 1,000 calories)
6. **Snack Items*** (high in calories & will not crush easily. Ex: dried fruit, nuts, trail mix. Individual packages – look for ones that are at least 100 – 150 calories each - total at least 500 calories)
7. **Shelf-Stable Drinks** – (Something that does not require refrigeration and will not puncture easily. Ex: juice boxes, water, protein shakes.)

**The granola bars and snack items can be in larger (Costco) packages since we repackage them into Ziplock’s of 6 or 5 items.*

On the first Sunday in October, (10/4) bring any of these items. Then watch for the chart to see what items are still needed to be able to pack the most bags. Look for the chart in the Corner of Blessing, the bulletin and in Trendings. Here is an example:



Fall Work Day – Success!!

Thank you to the fabulous crew that spiffed up the church last Saturday **Joan Tweten, John Nelson, Steve Bodnar, Hal & Carolynn Ferris, Teresa Jacobs, Howard Johnson, Brady & Joyce Kasper, Pastor Lara, Ed Corker & Carol Schneider, Erik Nielsen, True, Allen Bolen, Mark & Nancy Davis!** Looking forward to seeing 400 new flowers on the corner next spring! There is nothing more magical (or resurrection-like) than burying a seed in the fall, and seeing new life appear in the spring! That is faith !



*Thanks to 'staff photographers'
Mark Davis and April Daniel
for capturing all the activity!!*



The Sophia Way updates:

I am SO glad that I get to go to Sophia's Place, every Wednesday! Despite all that I "fuss" over in my life, my weekly visit re-energizes and re-inspires me! My last visit was no exception!

Thank you to **Nancy Davis, Beth Donohoe, JoAn Eklof, Carolynn Ferris, Linda Gilham, Sherry Grindeland, Teresa Jacobs, Janell Erickson, Linda Willenberg, Joyce Nelson, Jean Wahlstrom** and everyone else who helped!

Thank you for all of the terrific foods and pantry items you supplied for Sophia's Place, They were thrilled to have a "Million-Dollar Spaghetti" meal, again! As always, I would love to see you stop by when I am "playing" in the kitchen on Wednesday mornings!

Thank you, also, for those of you were able to come to Forum last Sunday.
Sujata Agrawal is a very central person in the Sophia's Way team!
She shared a lot of interesting/important information about this vibrant charitable organization.

Also, a note about the Events coming soon...



The Fall Community Brunch at St. Luke's Lutheran Church on Saturday, October 17th; 11:30 AM – 1:30 PM. Joyce is going – join her! (You can donate items from the [Amazon Wishlist](#) for the ladies.) Real special, and lots of fun!

The COMING HOME Celebration
on Friday, November 6th; 6:30 – 8:30 pm Hilton Bellevue; 300 112th Ave SE, Bellevue.

A very special evening at the Hilton Bellevue, with dinner, music, auction, and people, who believe, (rightly so!) that "stability changes everything"! Join Joyce and John Arnold, they really enjoyed it last year! [Tickets available here.](#)

Any questions at all...let me know!
Blessings,
Joyce Arnold



Porchlight Rotating Shelter

*We have the opportunity to help provide dinners for the Porchlight Rotating Shelter while they are at Eastshore Unitarian Church for the month of October. We partnered with them in the past and it is a great way to serve our community. There are 25 men who are clean and sober and have agreed to some rules for the shelter, including doing chores. Eastshore Unitarian is located in the Factoria area and the men will be staying in their sanctuary while their Education building is being remodeled.



***They are asking for dinner to be delivered at 6 pm and served at 6:15 pm.** The dates urgently needed are **October 12, 16, 17, 19, 21, and 22.** I already signed up for October 5th. Let me know if anyone wants to help for that date. Please contact me to sign up.
Cheryl Jurrus (cheryljurrus74@gmail.com)

COLLECTION OF CLOTHING AND HYGIENE ITEMS FOR COMPASS HOUSING ALLIANCE

Dorcas Circle will be collecting clothing and hygiene items for Compass Housing Alliance through February 2027.

All clothing must be new, in original packaging and not washed.

The only exception is that they appreciate handmade warm hats and scarves.

Clothing is needed for both men and women.

The most needed sizes are size Large through 2XL.

- Underwear
- T-shirts
- Long sleeve cotton shirts
- Sweat pants
- Sweatshirts
- Jackets
- Sweaters
- Warm hats
- Warm scarves
- Mittens and gloves

At this time they do not need socks.



Hygiene items

All hygiene items must be new and unopened.

- Shampoo and hair conditioner
- Hairbrushes and combs
- Bars of soap
- Liquid hand soap
- Small packages of tissues
- Tooth brushes
- Tooth paste
- Dental floss
- Mouthwash
- Deodorant
- Nail Clippers
- Tweezers
- Hand lotion



Donations can be placed in the bins in the church narthex or placed in the church office.

If you have any questions please contact Linda Willenberg at [**willenberglinda@gmail.com**](mailto:willenberglinda@gmail.com).

BOX TOP\$ for Education - Update

For years, Saint Andrew's has collected **Box Tops for Education** and used them to support the work of the **Navajo Lutheran Mission (NELM)** in Rock Point, AZ. In 2019, they stopped accepting these clipped coupons from the product packaging and instead accepted digitally scanning the store receipts of the products purchased.



It turns out that this can provide significantly more funding for NELM. Each product with a box top provides 10¢ for NELM. Multi packs (Costco) provide 10¢ of each product in the pack. And often organizations (stores: like Costco, Fred Meyer, Walmart, etc. and product suppliers like Betty Crocker, Nature Valley, Annie's, etc.) offer bonuses. When you buy a product or a certain number of products while they are offering a bonus, NELM gets an extra 50¢ or \$1.00. Through September, Costco added an additional 10 coupons or \$1.00 for every participating product purchased. (For this, multipacks counted as one product). So, buying a double box of Cheerios for \$6.99 resulted in \$1.20 for NELM. New bonuses will start at the beginning of October.

Another benefit to scanning the receipt is that items purchased for the Corner of Blessing can also support NELM. Items we often collect in the Corner have Box Tops (Progresso soups, General Mills cereals, Nature Valley granola bars, etc.). We couldn't clip the coupons off the products we were donating, but we can certainly scan the receipts.

I'm surprised at how much this can add up. My scanned Box Tops have added up to over \$230 for NELM since the start of scanning receipts and \$23 since the beginning of July this year. Submitting the SCAN coupons uses an App on a smartphone or tablet. The App is free and is easy to use.

The process is pretty simple using your smartphone or tablet:

- Download the BOX TOP\$ for Education App from the App Store (Apple) or from Google Play (Android).
- Start the App and create an account using your email address and creating a password.
- Select the school that you want to support with your Box Tops – **Navajo Lutheran Mission School - Rock Point, AZ.**
- You are ready to go – Use the App to scan store receipts containing products with Box Tops. The App asks permission to access the camera in your phone or tablet. The App helps you line up the receipt and stitch together long receipts. It uses the whole receipt and finds all products with Box Tops. You need to scan the receipt within 14 days of purchase.
- Buy products with Box Tops for Education. Save the receipt and use the App to **scan the receipt within 14 days.**

For questions or if you need help submitting Box Top\$, contact Dick Szabo (dick.szabo@comcast.net).

ELCC (Eastside Lutheran Church Community) churches, the Synod and the ELCA:



The Eastside Lutheran Church Community (ELCC) are the ELCA churches on the eastside. WE have opportunity to share worship, resources, and events – separately and collectively. While we often share and collaborative service activities and worship opportunities.

Be sure to check out the website [HERE](#).

An ELCC newsletter is in the works! Sign up to receive the links!

Newsletter opt-in instructions:

1. Go to the [ELCC website](#) and scroll to the bottom of the HOME page
2. View the Newsletter Signup section - add your email and press the SUBSCRIBE link
3. Now go to your email inbox and find the Tithe.ly email asking you to verify your email address, and then you are done!



Come and see what the ELCC is up to this quarter!

All are invited to attend, hear more about the ELCC and the different shared projects and events being planned.

Saturday, October 10, 2026

10:00 am - 12:00 pm

St. Luke's Lutheran

3030 Bellevue Way, Bellevue, WA

98004

Community game nights are full of new games and classics games people love to play together. **The next game night is Sunday, October 18th from 5:00-7:00pm** at St. Luke's. Join other folks from the ELCC for food, fun and fellowship. Dinner is provided, bring a snack to share. If you have a favorite game to play or maybe a new game you would like to learn with new friends, bring it with you. Otherwise, we will have games to play on hand. Everyone is welcome to join the fun. If you would like to help, let Melinda know (melinda@slukes.org). See you then!



Calendar

Wednesday, September 30

2:00 PM Forest Edge Tour

Thursday, October 1

7:00 PM Chancel Choir Rehearsal

Friday, October 2

Saturday, October 3

12:30 PM Blessing of the Pets

Sunday, October 4

New Members' Sunday

9:00 AM Adult Education, Bible Study
Sunday school begins!

10:00 AM Worship

11:00 AM Coffee and Conversation

Monday, October 5

10:00 AM Health & Wholeness Committee

1:00 PM Staff

6:00 PM Finance Committee, online

7:00 PM Executive Committee., online

Tuesday, October 6

8:30 AM Tuesday Morning Men, online

9:30 AM Dorcas Circle

7:00 PM Handbell Choir Rehearsal

Wednesday, October 7

10:00 AM Women's Book Group

Thursday, October 8

7:00 PM Chancel Choir Rehearsal

Friday, October 9

Saturday, October 10

Sunday, October 11

9:00 AM Adult Education
Sunday School

10:00 AM Worship

4:00 PM Shared Confirmation

Monday, October 12

1:00 PM Staff meeting

7:00 PM Congregational Council, online

Tuesday, October 13

8:30 AM Tuesday Morning Men, online

10:00 AM Pastor's Bible Study, hybrid

7:00 PM Handbell Choir Rehearsal

Wednesday, October 14

10:00 AM Women's Book Group

2:00 PM Care Team Meeting, online

7:00 PM Adult Education Meeting, online

You can access our
weekly online calendar
HERE.

The Reverend Lara Forbes, Lead Pastor
pastor@SALC.church

The Reverend Timothy T. Weber,
Shared-Time Pastor
timweber@t@yahoo.com

Dr. Will Simpson,
Director of Music Ministries
will@SALC.church

Doug Johnson,
Director of Youth and Family Ministries
doug@SALC.church

Sherry Grindeland, Fellowship Coordinator
sherry@SALC.church

Kurt Lutterman, Facilities Manager
kurt@SALC.church

Kathy Fisher, Communications Director
kathy@SALC.church

Vanessa Rykaczewski, Handbell Choir Director

Elaine Koga, Choir Accompanist

Andrew Camrud, Facilities Set-up

April Daniel, Records Administrator

Ann Thorpe, Sunday Church School Coordinator

Joan Tweten, Kitchen Team

SALC Family Social Media Accounts:



Find us on:

